



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 35138, Squash, Indian, raw (Navajo)

Report Date: July 16, 2017 06:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	93.35	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	111	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <sup>1</sup>	g	0.52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) <sup>1</sup>	g	0.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash <sup>1</sup>	g	0.29	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	5.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Sugars, total	g	3.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Sucrose	g	0.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Glucose (dextrose)	g	1.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Fructose	g	1.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe <a href="#">1</a>	mg	0.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg <a href="#">1</a>	mg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phosphorus, P <a href="#">1</a>	mg	12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Potassium, K <a href="#">1</a>	mg	205	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na <a href="#">1</a>	mg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn <a href="#">1</a>	mg	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu <a href="#">1</a>	mg	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn <a href="#">1</a>	mg	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	4.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin <a href="#">1</a>	mg	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin <a href="#">1</a>	mg	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin <a href="#">1</a>	mg	0.170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid <a href="#">1</a>	mg	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 <a href="#">1</a>	mg	0.058	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total <a href="#">1</a>	μg	22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Flavonoids</b>													
Proanthocyanidin													
Proanthocyanidin dimers <sup>2</sup>	mg	2.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <sup>2</sup>	mg	1.5	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <sup>2</sup>	mg	4.6	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <sup>2</sup>	mg	3.2	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <sup>2</sup>	mg	3.5	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD

<sup>2</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617